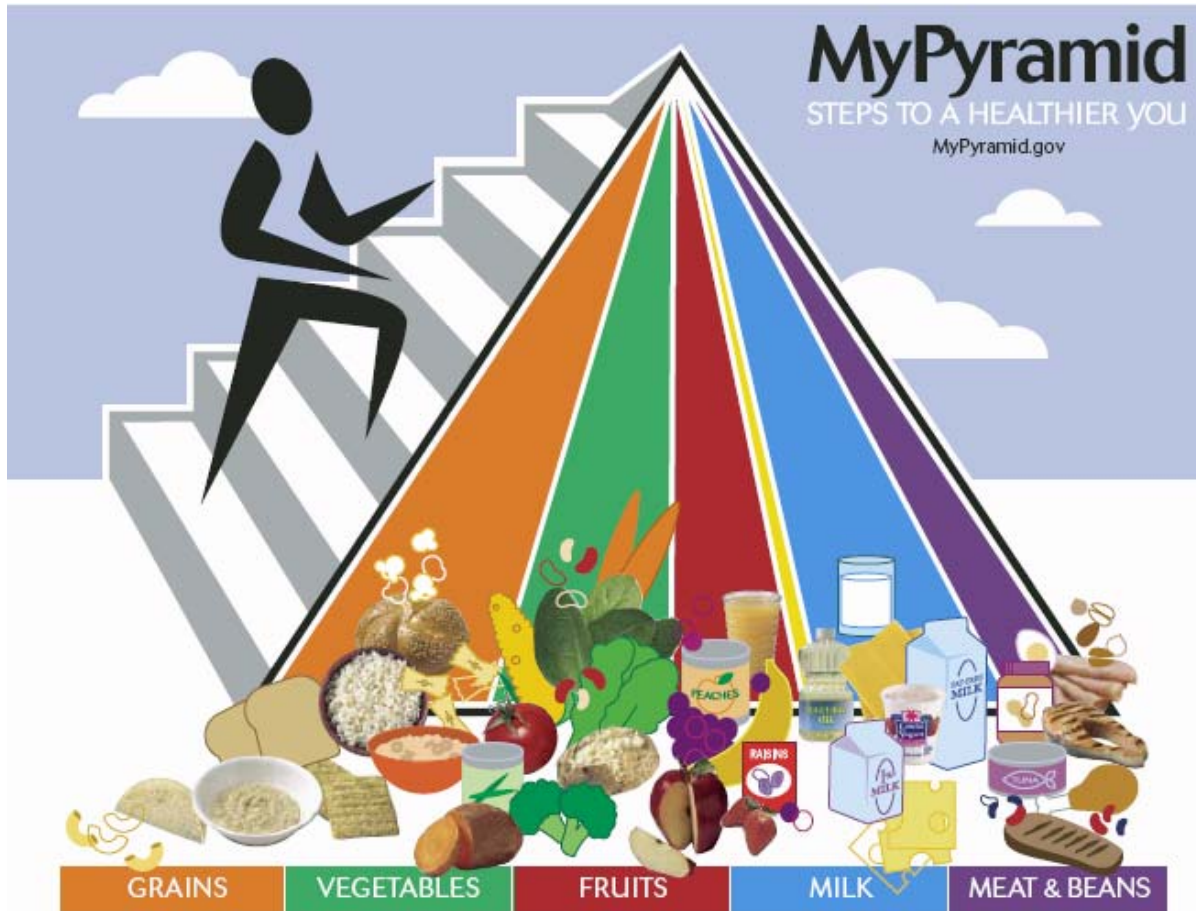


Avoid Portion Distortion

With MyPyramid's Specific Guidelines



MyPyramid recommends total amounts rather than “servings”



MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than previous Food Guide Pyramid

What is a “serving”?

| FOOD GUIDE PYRAMID SERVINGS | “TYPICAL” AMERICAN PORTIONS |
|--|--|
| ½ cup rice or pasta | 1 cup rice or pasta |
| ½ bagel or ½ hamburger bun | 1 bagel or 1 hamburger bun |
| 1 chicken leg and thigh | ¼ chicken |
| 1 order (½ cup) French fries | Large order (¾ to 1 cup) fries |
| 1 order (½ cup) cooked red beans | Big bowl (1 to 2 cups) chili beans |
| 1 cup leafy greens | Large green salad (2 cups greens) |

Source: <http://www.fns.usda.gov/tn/tnrockyrun/whatsa.htm>

**MyPyramid tells you exact
amounts of each type of food**

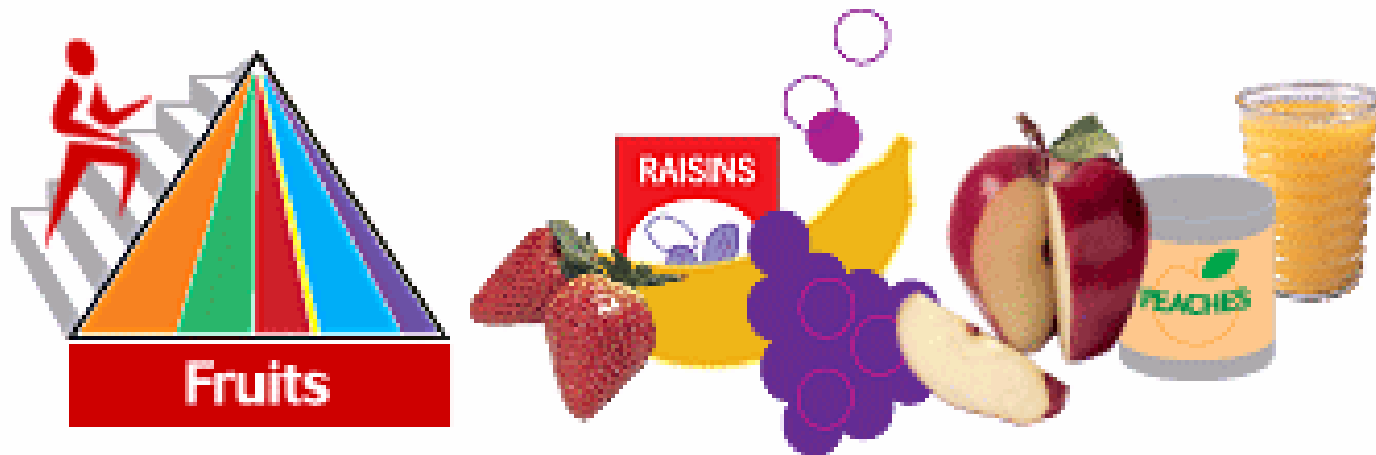


MyPyramid: Fruits

- Eat the equivalent of 2 cups of fresh, canned or frozen fruits per day (for a 2,000 calorie diet)

Note this equivalent:

- $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit



MyPyramid: Vegetables

- Eat the equivalent of 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet)

Note this equivalent:

- 2 cups raw leafy greens = 1 cup of vegetable



MyPyramid: Dairy products

- Consume 3 cups per day of **fat-free or low-fat** milk or equivalent milk products
 - Children ages 2 to 8: 2 cups per day
 - Children ages 9 & up: 3 cups per day

Equivalents:

- 8 oz. milk
- 1 cup yogurt
- 1½ oz. natural cheese
- 2 oz. processed cheese



MyPyramid: Grains

- Eat 6 ounce-equivalents (for a 2,000 calorie diet)
 - 3 ounce-equivalents or more of whole-grain products
 - The remaining grains should come from enriched or whole-grain products

Equivalents:

- 1 slice bread
- ½ cup cooked pasta, cooked rice or cooked cereal
- 1 cup ready-to-eat cereal



MyPyramid: Meat & beans

- Eat 5½ ounce-equivalents (for a 2,000 calorie diet). Choose lean meat and poultry. Vary your choices – more fish, beans, peas, nuts and seeds.

Equivalents:

- 1 oz. meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon peanut butter
- ½ oz. of nuts or seeds



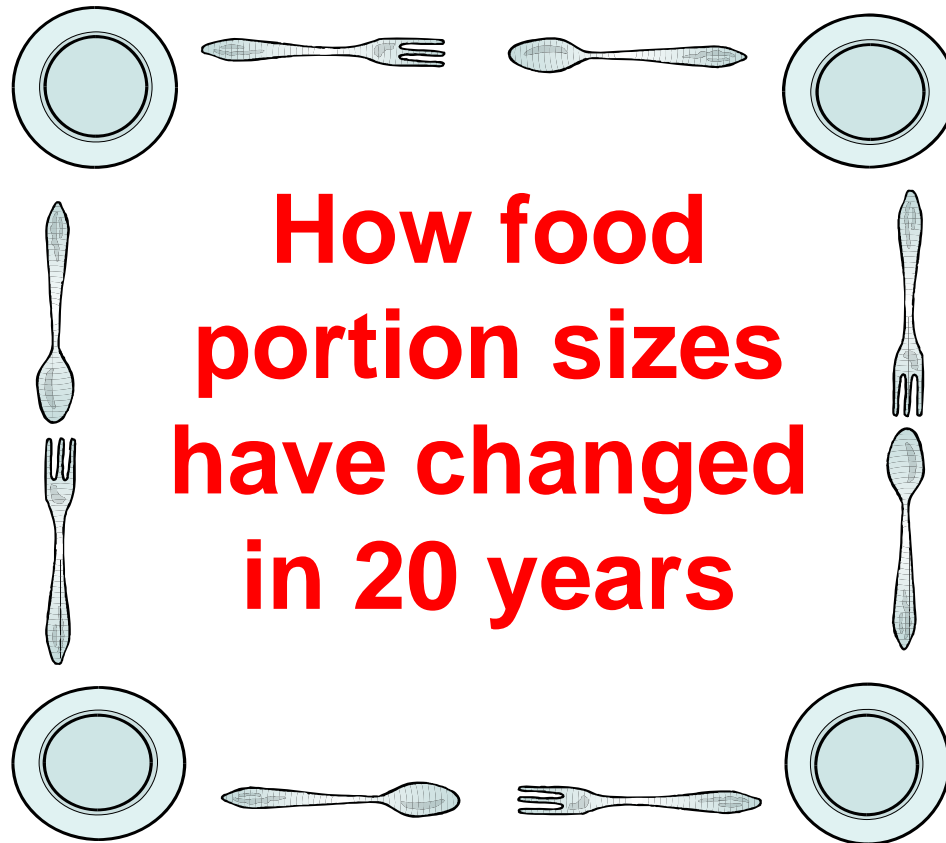
Learn how much and what to eat for YOUR calorie level at MyPyramid.gov


Check here for more information on food groups & related topics

The screenshot shows the MyPyramid.gov website. At the top is the USDA logo and the text "United States Department of Agriculture". To the right is the "MyPyramid.gov" logo. Below this is a navigation bar with links: "Home", "About Us", "News & Media", "Site Help", and "Contact Us". On the left is a "Search MyPyramid.gov" box with a "Go" button. Below the search box is a "Subjects" list with the following items: "My Pyramid Plan", "Inside the Pyramid" (circled in red), "Tips & Resources", "Dietary Guidelines", "For Professionals", and "Related Links". The main content area is titled "Steps to a Healthier You" and features an illustration of a person climbing a staircase next to a colorful pyramid. Below the illustration is the text: "One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box." Below this text is a link: "For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker." At the bottom of the main content area is a list of bullet points: "Make smart choices from every food group," and "Find your balance between food and physical activity, and". On the right side of the main content area is a "My Pyramid Plan" form. The form has fields for "Age:" and "Sex:" (with a "[Select]" dropdown). Below these is a "Physical Activity:" section with a text description: "Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days." Below this is another "[Select]" dropdown and a "Submit" button. The "My Pyramid Plan" form is circled in red. At the bottom right is a "Tip of the Week" box with the text: "MyPyramid: Do it for you. Make one small change each day for a healthier you."

Submit age, sex and activity level for a personalized MyPyramid

Avoid portion distortion



Slides marked by  are adapted from “Portion Distortion” by the National Heart, Lung and Blood Institute at <http://hin.nhlbi.nih.gov/portion>

BAGEL

20 Years Ago



**140 calories
3-inch diameter**

Today



**350 calories
6-inch diameter**

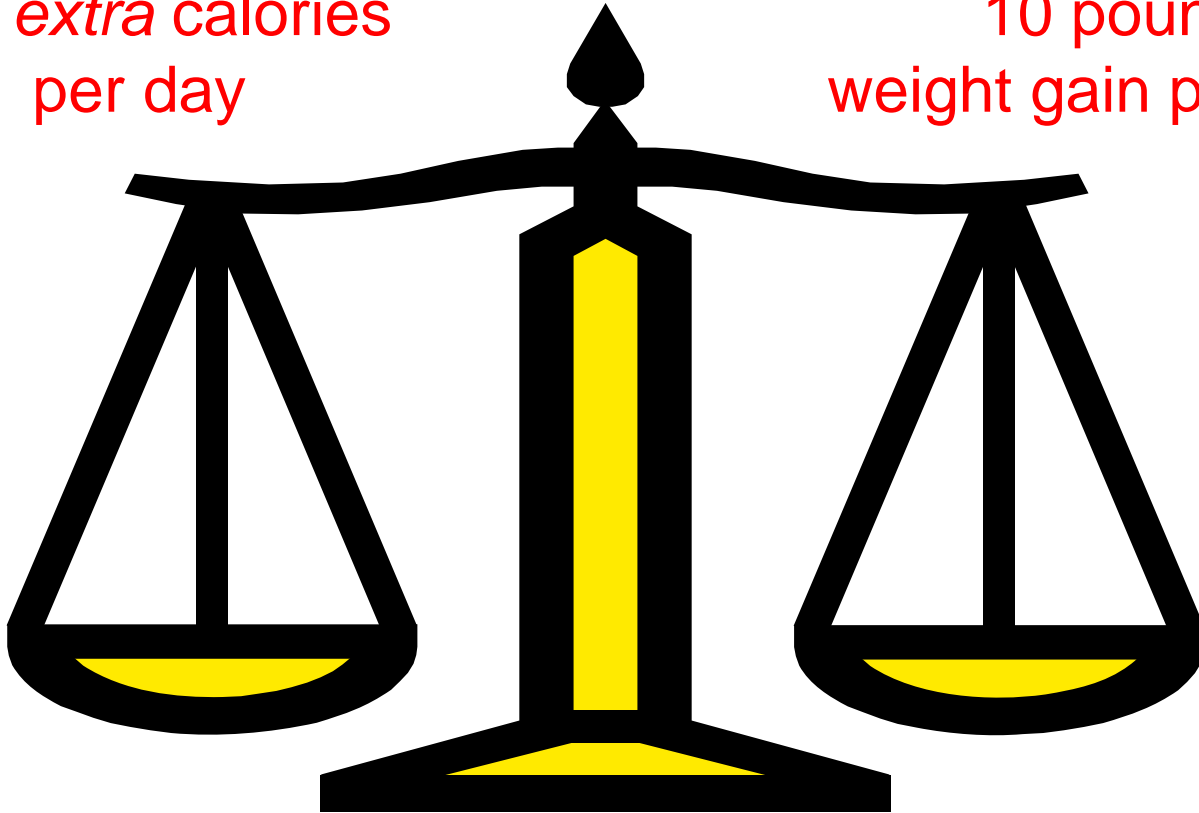
Calorie Difference: 210 calories



Larger portions add up

100 *extra* calories
per day

10 pound
weight gain per year



Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out



Increased bagel
size: 210 more
calories

Raking leaves for
50 minutes burns
approximately
210 calories*



*Based on 130-pound person



CHEESEBURGER

20 Years Ago



333 calories

Today



590 calories

Calorie difference: 257 calories



Increased
cheeseburger size:
257 more calories

Lifting weights for
1 hour and 30 minutes
burns approximately
257 calories*



*Based on 130-pound person



SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with
sauce and 3 small
meatballs

Today



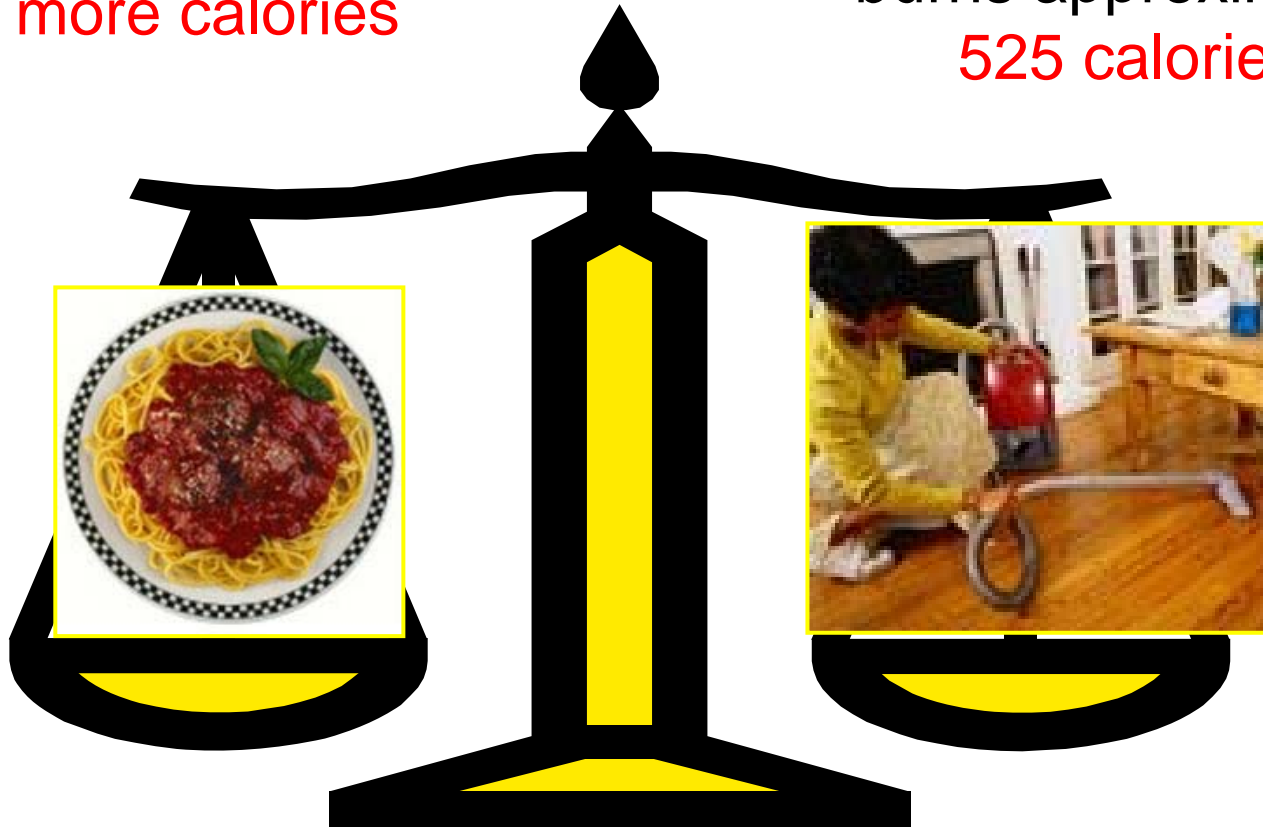
1,025 calories
2 cups of pasta with
sauce and 3 large
meatballs

Calorie difference: 525 calories



Increased spaghetti
and meat ball size:
525 more calories

Housecleaning for
2 hours and 35 minutes
burns approximately
525 calories*



*Based on 130-pound person



FRENCH FRIES

20 Years Ago



**210 calories
2.4 ounces**

Today



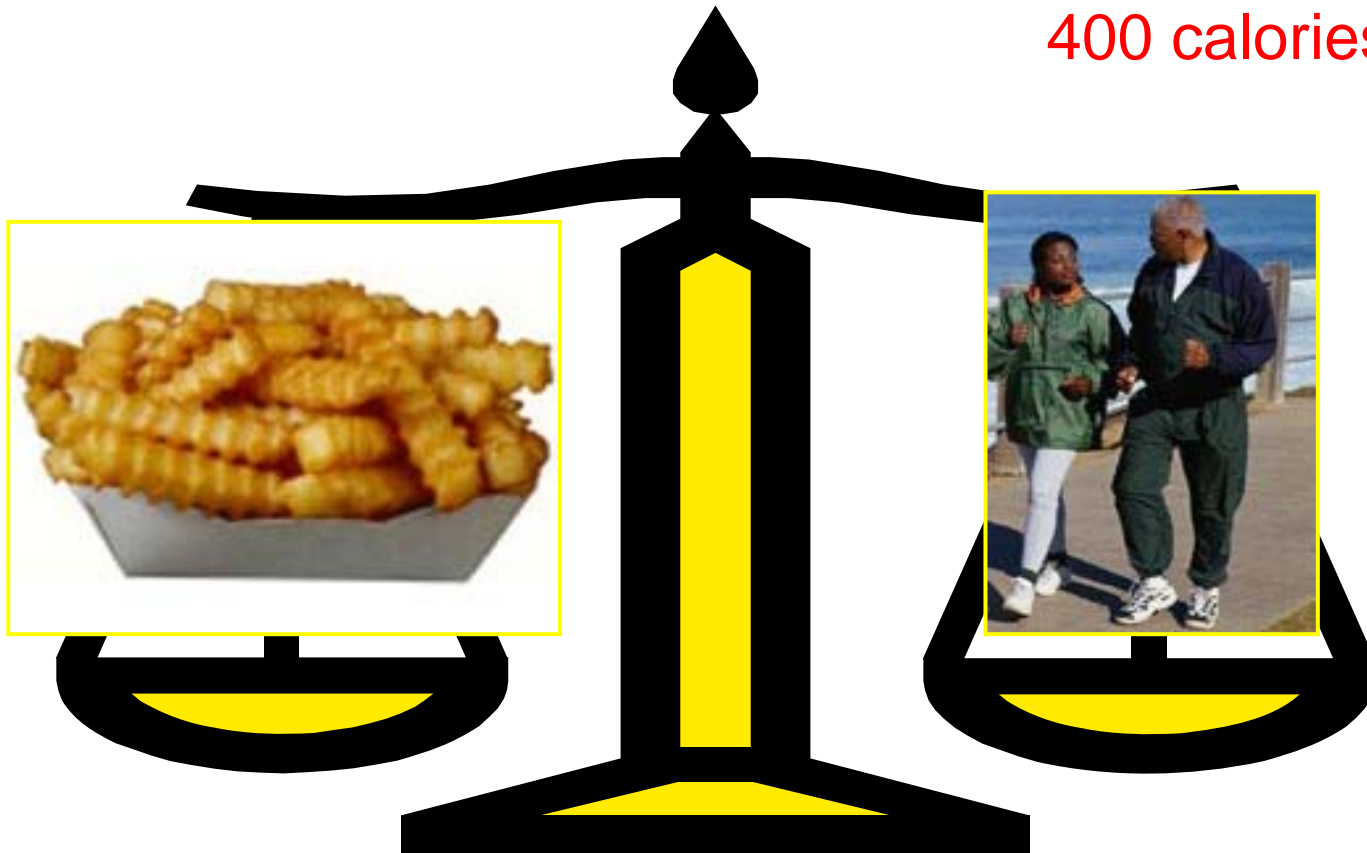
**610 calories
6.9 ounces**

Calorie difference: 400 calories



Increased French fries
size: 400 more calories

Walking leisurely for
1 hour and 10 minutes
burns approximately
400 calories*



*Based on 160-pound person



SODA

20 Years Ago



**85 calories
6.5 ounces**

Today



**250 calories
20 ounces**

Calorie difference: 165 calories



Increased soda
size: 165 more
calories

Working in the garden
35 minutes burns
approximately
165 calories*



*Based on 160-pound person



COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)



350 calories
16 ounces

Calorie difference: 305 calories



Increased coffee
size: 305 more
calories

Walking **1 hour and
20 minutes** burns
approximately
305 calories*



*Based on 130-pound person



MUFFIN

20 Years Ago



**210 calories
1.5 ounces**

Today



**500 calories
4 ounces**

Calorie difference: 290 calories



Increased muffin
size: 290 more
calories

Vacuuming for
1 hour and 30 minutes
burns approximately
290 calories*



*Based on 130-pound person



PEPPERONI PIZZA

20 Years Ago



500 calories

Today



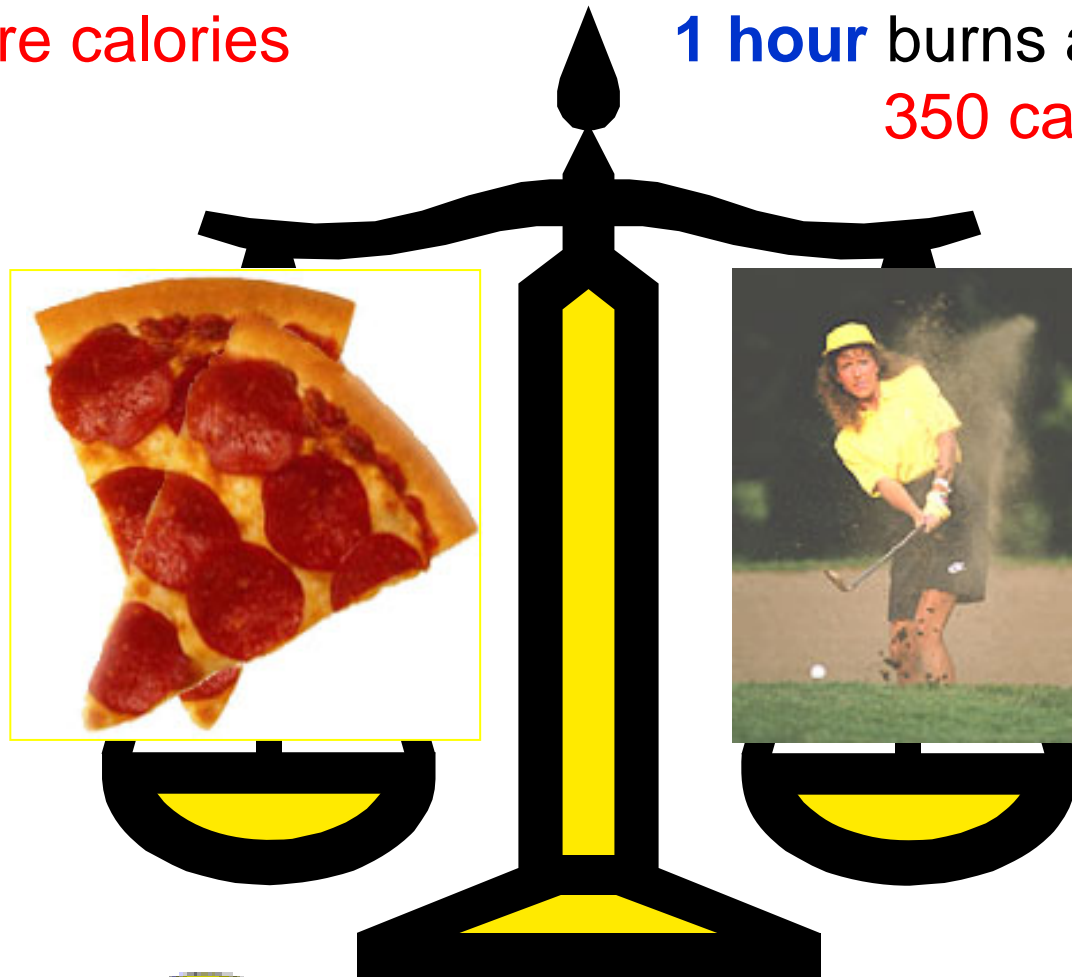
850 calories

Calorie difference: 350 calories



Increased pepperoni
pizza size:
350 more calories

Playing golf (while walking
and carrying your clubs) for
1 hour burns approximately
350 calories*



*Based on 160-pound person



POPCORN

20 Years Ago



**270 calories
5 cups**

Today



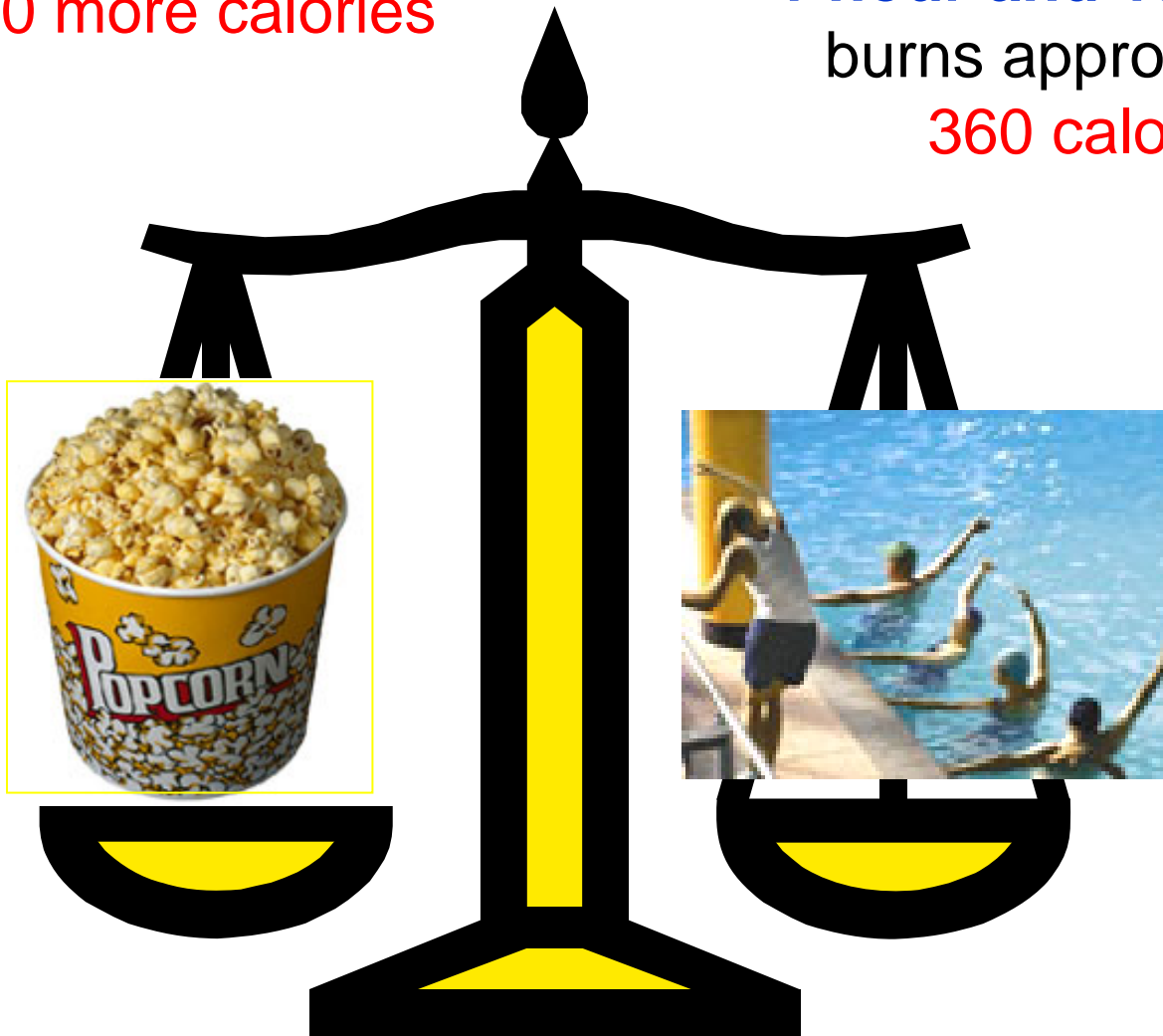
**630 calories
11 cups**

Calorie difference: 360 calories



Increased popcorn
size: 360 more calories

Doing water aerobics for
1 hour and 15 minutes
burns approximately
360 calories*

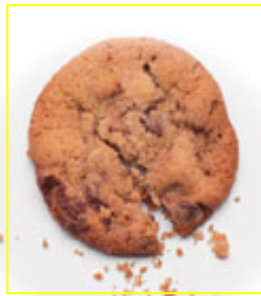


*Based on 160-pound person



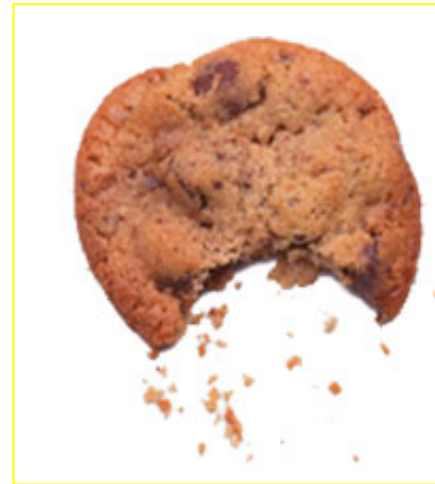
CHOCOLATE CHIP COOKIE

20 Years Ago



**55 calories
1.5 inch
diameter**

Today



**275 calories
3.5 inch diameter**

Calorie difference: 220 calories



Increased chocolate
cookie size:
220 more calories

Washing the car
1 hour and 15 minutes
burns approximately
220 calories*

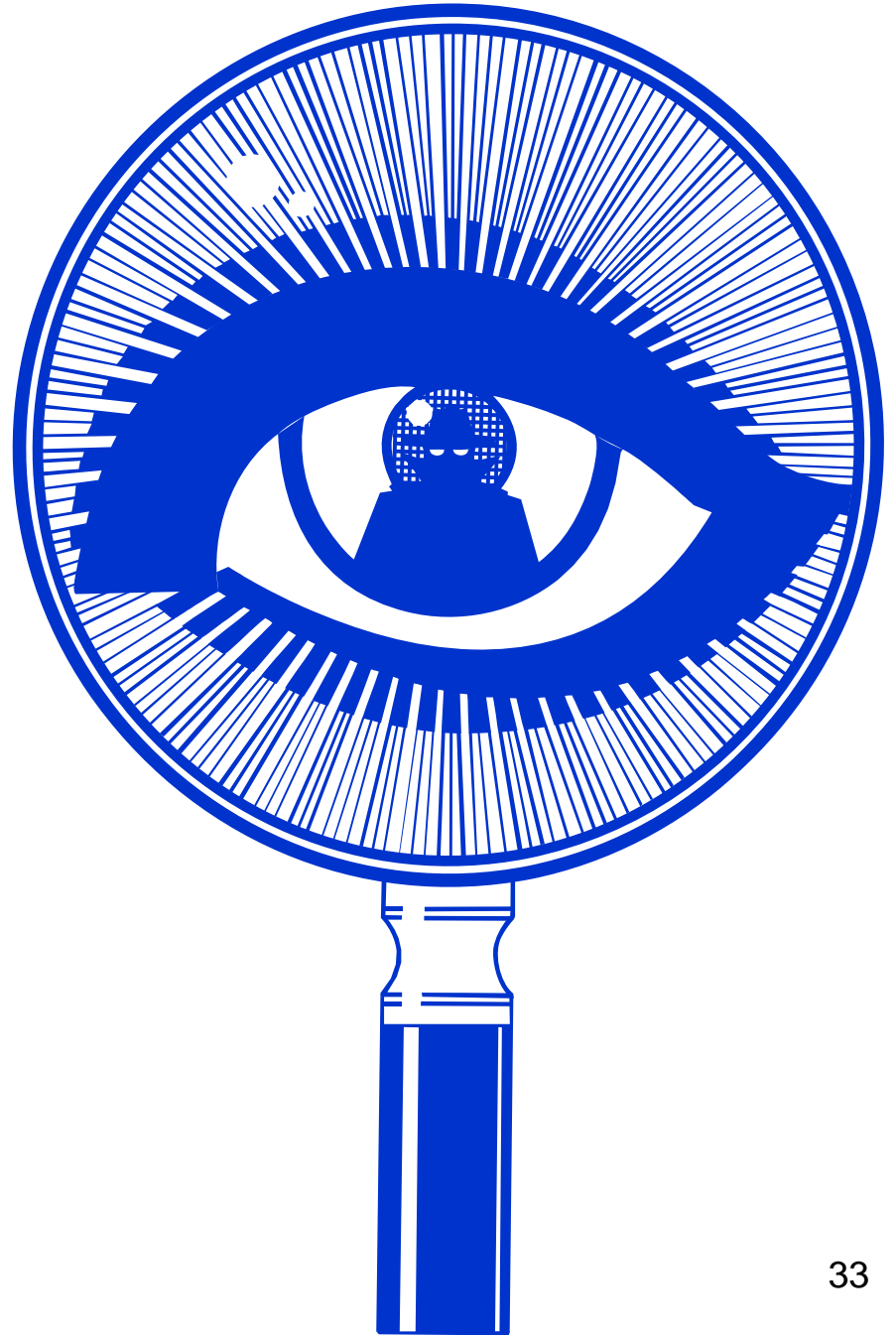


*Based on 130-pound person



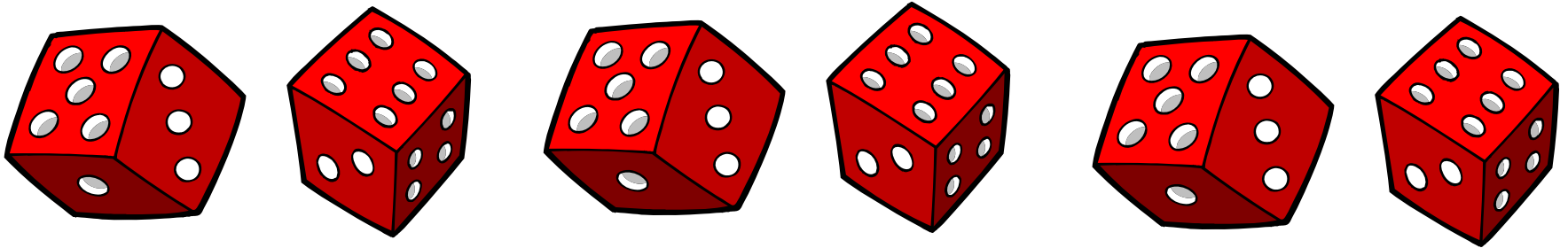
**Avoid portion
distortion!**

**Keep an
“eye” on your
food portion
sizes**





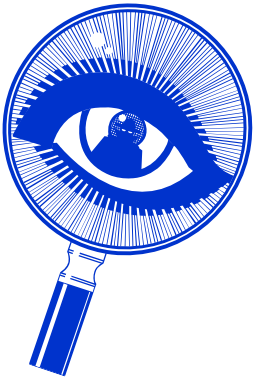
Portion sizes: Cheese



1½ ounces* of *natural* cheese = 6 dice

* Equivalent to 1 cup milk

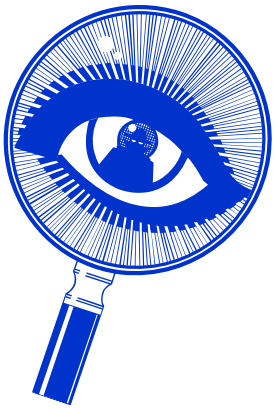
(2 oz. *processed* cheese – 8 dice — also are equivalent to 1 cup milk)



Portion sizes: Meat



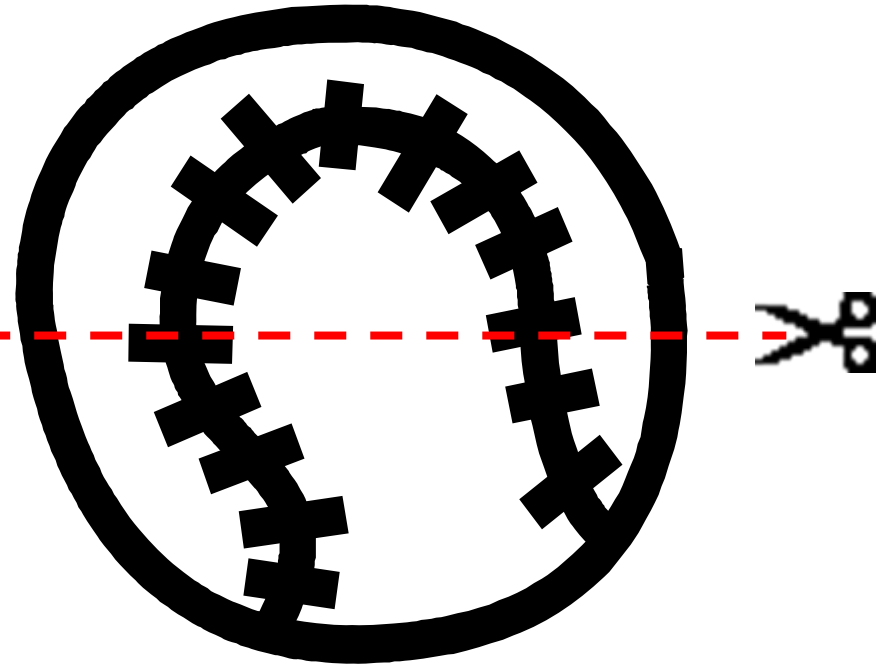
3 oz. cooked meat, fish, or poultry = a deck of cards



Portion sizes: $\frac{1}{2}$ and 1 cup

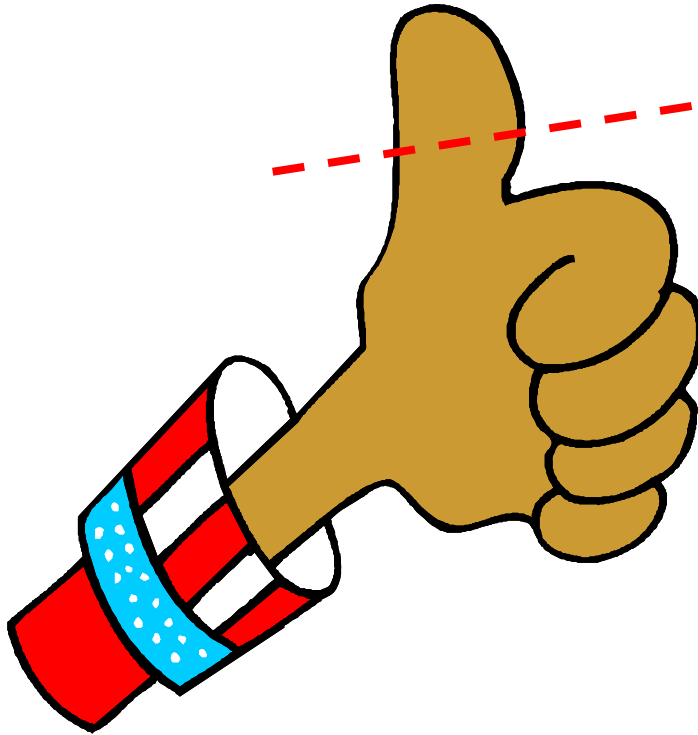
1 cup = 1 baseball

$\frac{1}{2}$ cup = $\frac{1}{2}$ baseball





Portion sizes: 1 tsp. & 1 tbsp.



1 teaspoon = the tip of a thumb to the first joint

1 tablespoon =
3 thumb tips

A final word on portion control



“Never eat
more than
you can lift.”

~Miss Piggy